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WINNIPEG

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Tuesday, October 2, 2012



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A fireball hurls into the sky after a major industrial blaze at a Winnipeg fuel-supply plant Monday evening. The fire sent out continuous explosions and resulted in the evacuation of nearby neighbourhoods. It was expected to burn all night as frustrated firefighters couldn't get close to the flames. This was just one of six major fires in Winnipeg Sunday and Monday. SHANE GIBSON/METRO

Explosions and fireballs as blaze razes plant

Biodiesel. Dramatic industrial inferno only one of six major fires in about 24 hours



ELISHA DACEY
elisha.dacey@metronews.ca

At least 55 firefighters struggled through the night to put out what can only be described as a massive chemical blaze in St. Boniface.

The fire was expected to still be burning Tuesday morning.

Thick plumes of grayish-black smoke snaked through the air just before 5:30 p.m. at Speedway International's biodiesel plant Monday, and it wasn't long before the fire was driving everyone, including firefighters, back from the scene.

Almost a million litres of fuel were estimated to be inside.

Witnesses and evacuees at the scene described intense heat and constant ground-

The other five

There were five other fires in the city, starting Sunday.

- A grass fire near Charleswood that sparked up at 3 p.m. Sunday.
- A fire on Greensboro Square Sunday at 6:15 p.m. Damage: \$400,000.
- Two garages and a house on Morley Street Monday at 1 a.m. Two cars were also damaged.
- A house fire at 797 Niagara St. just after 9 a.m. Monday. A woman and her dog had to be pulled from the home.
- A fire in the basement of the old Canada Post Building at about 1:20 p.m. No one was hurt.

sending people and media fleeing.

Streets around the area were quickly shut down and emergency personnel tried in vain to discourage gawkers from getting too close to the blaze, which was the size of two football fields at 10 p.m.

Firefighters had just started pouring fire-suppression chemicals on the blaze at press deadline, after waiting due to the possibility of explosions and worries that five nearby CN Rail cars filled with fuel may also explode.

Residential neighbourhoods were evacuated throughout the area, and police and city officials told others affected by the smoke to keep their windows shut.

Despite the ferocity of the fire, no one appeared to have been injured, including the nine workers at the plant who were all accounted for.

rumbling explosions, including one massive fireball that exploded at about 6:15 p.m.,

For the latest updates on this story visit metronews.ca.



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Steps to success

Lutherwood offers specialized children's mental health programs tailored to the needs of each individual — like STEPS, a day treatment program that combines education and treatment under one roof.

At STEPS, young people ages 12 to 16 learn coping strategies they can take away and use forever — in one semester. Each student has a primary counsellor, plus an extensive support team that ranges from a psychologist to music and recreation therapists.

The intimate classroom includes both a special education teacher and a youth counsellor for the eight students. And it's OK to sit on the floor or even step out for a mind-clearing walk if that helps a student manage stress. Many students want to stay for a second semester, but the whole idea behind STEPS is applying new tools in the world outside.

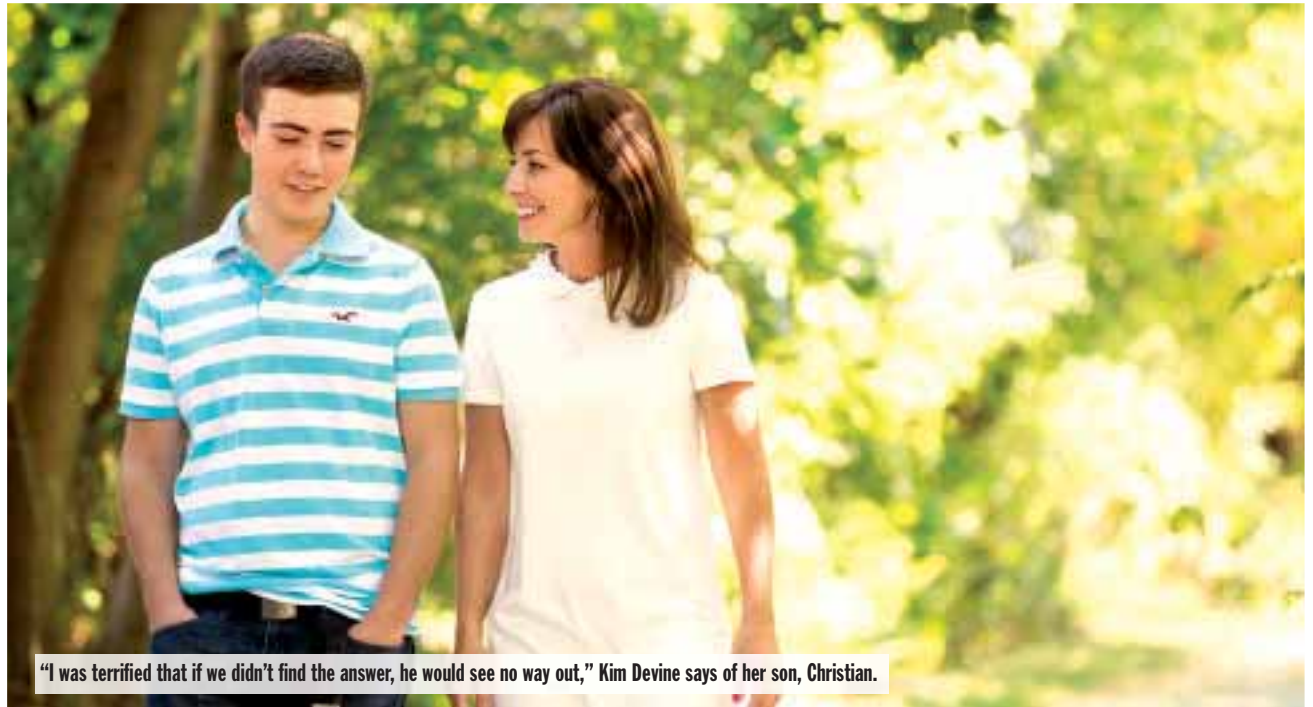
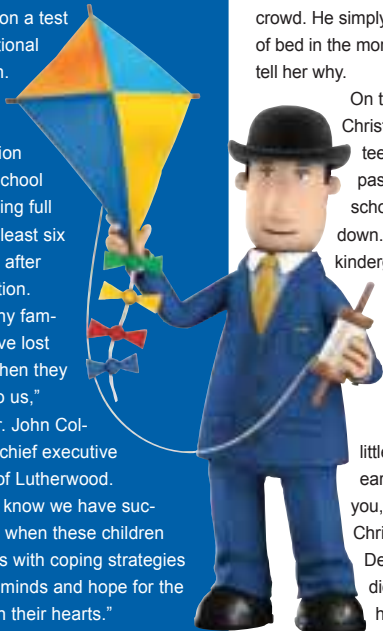
Launched 10 years ago by Lutherwood, STEPS is a proven success. Close to 90 per cent of graduates leave the program with improved scores on a test of emotional function.

An equal proportion are in school or working full time at least six months after graduation.

"Many families have lost hope when they come to us," says Dr. John Colangeli, chief executive officer of Lutherwood.

"We know we have succeeded when these children leave us with coping strategies in their minds and hope for the future in their hearts."

The RBC Foundation has funded Lutherwood, home of STEPS and other programs for youth, as part of the RBC Children's Mental Health Project since 1995.



"I was terrified that if we didn't find the answer, he would see no way out," Kim Devine says of her son, Christian.

How one teen found hope

By Rona Maynard

Kim Devine had never felt so helpless. At 14, her son Christian refused to go to school. He wasn't cutting his Grade 9 classes to hang out with the wrong crowd. He simply stopped getting out of bed in the morning. And he couldn't tell her why.

On the face of things, Christian was the ideal teen: kind, polite, compassionate. But mention school and he would shut down. As far back as junior kindergarten, he had been one of those sensitive kids whom classmates would tease and hit because he wouldn't fight back. "When kids are little and they have an earache, they can tell you, 'My ear hurts,'" says Christian's mother, Kim Devine. This time she didn't know what was hurting.

As meeting after

meeting at the school accomplished nothing, Kim watched sadness overtake her son. She worried about suicide, second only to car accidents as a cause of death in young people¹. She would read about quietly miserable kids who take their lives — kids who sounded a lot like her son. "I was terrified that if we didn't find the answer, he would see no way out," she recalls.

Kim and Christian's father, Peter Devine, took their child to the family doctor, two psychiatrists and a year of family counselling, but Christian's spirits didn't lift.

He told them, "I'll do whatever it takes. I just want to get better."

They were hoping he would feel safer in a private school until they heard about STEPS, a free day program offered by Lutherwood in Waterloo, Ont.

Designed for kids like Christian who bottle up their problems, STEPS combines education and treatment in a class of eight students aged 12 to 16. Christian enrolled last winter and graduated in June with a near-perfect attendance record. Here is what the program gave him:

• **A DIAGNOSIS:** Christian's first full psychiatric assessment showed that he was suffering from anxiety and low-level depression, two of the most common mental illnesses in children². He now takes anti-depressants. Medication doesn't "make me the happiest person on Earth, but it helps me sit back and think before I act," he says.

• **SELF-AWARENESS:** Christian learned strategies for managing his emotions before they overwhelm him. A talented pianist, he discovered that music relaxes him. Woodworking class revealed another gift that he plans to apply in a trade.

• **A CHANCE TO SHINE:** At STEPS, Christian met kids more anxious than himself. With his thoughtfulness and charm, he assumed a leadership role. When a classmate was afraid to enter the building, a therapist chose Christian to reassure the student.

• **CONFIDENCE:** At his June graduation from STEPS, Christian played a favourite song of his godfather's, learning the song in one night.

RBC® supports kids like Christian

Since 2008, the RBC® Children's Mental Health Project has donated more than \$12 million to more than 200 organizations across Canada. You can help us help children. Visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health.

For every completed quiz, we will give \$2 to Kids Help Phone³, a free, confidential counselling service for youth nationwide.

³ To a maximum donation of \$50,000.

• **HOPE:** With the support of a STEPS transition worker, Christian has returned to a regular high school. Now 16, he is looking forward to college. "I know it's not going to be easy," he says, "but I know I'm going to try because I see a future for myself."

Rona Maynard is an author, speaker, mental health advocate and former editor of Chatelaine.



RBC
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Health Project

This is a special feature brought to you by the RBC® Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

'Sadistic torture'

Man sentenced to 20 years for home invasion

A 20-year-old man was sentenced Monday to 20 years in prison, minus two years for time served, for a sadistic home invasion that seriously injured a family of four.

The man, who was 18 at the time, is not being named so that details of his involvement with the justice and mental-health systems can be published.

The man pleaded guilty to the attack, saying he picked the family at random.

In October 2010, the man invaded a home in North Kildonan and held the family hostage for almost two hours. The attack included shoving the father down the stairs, dropping a television on his head, threatening their lives with a gun, forcing the mother to bind her husband and children, who were 17 and 15, and forcing her to perform sex acts on her son. The husband and son eventually broke free and attacked him before holding him for police.

The man had previously been arrested in April of that year after walking in disguise while carrying a knife. He was sent for a psychiatric evaluation where he told therapists he wanted to hurt people.

In September, he told doctors he wanted to murder a young woman and her family but didn't after he followed her home and found out she lived in an apartment building. He was taken to Health Sciences Centre but was released after he told doctors he made up the story as a plea for attention.

Judge Rob Finlayson called the crime "sadistic torture" but said the man's age and the fact that he pleaded guilty influenced the sentencing. The Crown had asked for a life sentence. **METRO**

Crime. Taxicab crash followed attempted robbery, police say

A crash that claimed the life of a passenger in a taxicab came in the wake of a robbery attempt, say police.

The cab driver, 31, was taken to hospital in critical condition Sept. 20 after his vehicle hit a tree near Beverley Street and Portage Avenue just before 4 a.m. He remains in critical condition.

The passenger in the cab, a 43-year-old man, was also

taken to hospital in critical condition but later died from his injuries.

Winnipeg police said Monday surveillance footage from the taxicab showed the passenger did try to rob the taxi driver. A knife was also found inside the wrecked vehicle.

No other vehicles were involved in the collision.

METRO



A new World Vision

Artists create a painting of Erilla, 4, who is the face of World Vision's new campaign. The charity, which helps poverty-stricken children around the world, held the event Monday at CityPlace's Centre Court. **TYLER PEACOCK/METRO**

Province looking for program, asset savings

Too late? Critics charge that cuts should have been implemented months ago

Late start

\$80M

The government has yet to sell off any of a promised \$80 million in government assets.

With its fiscal year half over, the Manitoba government is still trying to find many of the spending cuts promised in last spring's budget.

The government has identified \$66 million of \$128 million it wants to cut in program spending, but has yet to sell off any of a promised \$80 million in government assets, Finance Minister Stan Struthers said Monday.

Still, he said he is committed to meeting his goal.

"We think we're on track to get there, and we have some tools between now and the end of the fiscal year to do that, and we'll do it in such a way that we protect services to Manitobans."

Struthers released a list of measures taken so far.

The province is saving \$12.1 million by using more generic prescription drugs and has saved \$3 million by defer-

ring funding to some university and college construction projects. Another \$11 million is being saved through the merger of regional health authorities.

The province is also suspending some advertising and is publishing more information online instead of in printed documents.

Some vacant public-sector jobs will be cut, Struthers said, although there will be no layoffs.

"There are vacant positions now that we can eliminate and repriorize within the civil service."

If jobs are cut, it would reverse a trend that has seen the civil service grow over the last two years to 15,300 from 14,890, according to a recent report from the province's Civil Service Commission.



Finance Minister Stan Struthers speaks to media Monday.

TYLER PEACOCK/METRO

Critics accused Struthers of falling behind and said the longer he waits to implement cuts, the less the government will save before the budget year ends next March.

"This is far too slow. The finance minister should have been on top of this months ago, much earlier in the fiscal year," Liberal Leader Jon Gerard said.

Reg Helwer, acting finance critic for the Progressive Conservatives, added: "We haven't

seen any indication that they're going to meet their targets so far, and they didn't last year."

The cuts are an integral part of Struthers' budget and are needed to keep the province's deficit from rising beyond the \$448 million forecast in the spring.

A revised deficit prediction will come with the second-quarter fiscal update near the end of December.

THE CANADIAN PRESS

On the web



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Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report.

Study shows troubling portrait of educated Canadians who are buried in loans but lack opportunities



SEAN MCKIBBIN
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, states a new report titled Vital Signs from the Community Foundations of Canada, being released today.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers and

globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers will begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.



In this screen grab from Fox's TV series New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youths are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study finds. CONTRIBUTED

Do the math

50%

The Vital Signs report says youth, who comprise 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K

Youth employment stands some 250,000 jobs below the pre-recession peak.

1/3

One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%

In low-income communities, dropout rates can be more than 70% vs 6-11% in affluent neighbourhoods.

MP sorry for 'insensitive' remarks about Layton's death

Conservatives found themselves cringing once again Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP — known on Parliament Hill for saying or doing something that leaves people shaking their heads — dropped a whopper in an interview published Monday by political news website iPolitics.

"I actually think one of the great stories that was missed

by journalists was that Mr. Mulcair, with his arm twisting behind the scenes, helped to hasten Jack Layton's death," Anders was quoted as saying.

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

The reaction was swift and unequivocal.

"If I was (Prime Minister

Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"That kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Olivia Chow, Layton's widow, said she accepted it.

THE CANADIAN PRESS

Not views of @pmharper

The Prime Minister's Office was quick to distance itself from the remarks.

- "To be clear, Mr. Anders' comments regarding Jack Layton in no way represent the views of @pmharper or the Government," tweeted Andrew MacDougall, Stephen Harper's director of communications.



Conservative MP Rob Anders, who said that NDP Leader Tom Mulcair helped hasten the death of his predecessor Jack Layton, rises in the House of Commons on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

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Missing. Remains of man found in Nevada wilderness

The remains of a missing Canadian man whose wife survived for seven weeks in the Nevada wilderness after the couple got lost have been found a year and a half after he disappeared.

Albert Chretien's whereabouts have been a mystery since the couple's van got stuck in the mud in March 2011.

Det. Dennis Journigan of the Elko County Sheriff's Office said Chretien's remains were discovered Saturday by two elk hunters in a secluded area of Merritt Mountain, about 11 kilometres west from where he set off.

Journigan said the remains were intact and hadn't been scattered by animals. Chretien was identified by items found in his pockets, including business cards and an address book, police said.

Rita Chretien stayed with the couple's van and was found on the verge of starvation 49 days after her husband went for help. She survived on trail mix, hard candy and melted snow, and has said her Christian faith kept her going.

The couple got lost when they decided to take a shortcut to a Las Vegas trade show from their home in Penticton, B.C.

Det. Jim Carpenter said the hunters in their 40s found a backpack that Chretien carried when he left the van. It contained a spiral notebook and sunflower seeds.

The hunters then went up the mountain and found his body, Carpenter said.

"They know of the story, of what took place and they were in the general area," he said Monday. "They put two and two together and called us and said, 'Hey, we think we found your missing Canadian guy.'"

The hunters led police to the wooded area, about a four-hour drive from the sheriff's office, early Sunday morning, Carpenter said.

"It's big news around here, and everybody who lives here knows the whole story."

Rita Chretien was relieved to hear her husband's body had been found after so long, Carpenter said.

"She's obviously upset but she's also relieved that we recovered Albert's remains," he said.

"This wasn't anything that we gave up on. We were continuing searches up in that area and always trying to cover more ground and the thing that people don't know is this ground is steep, rocky, (with) trees. There's roads there but they're really tough."

THE CANADIAN PRESS

Baird blasts UN for inaction over crisis in Syria

General Assembly.
One delegate said
organization is largely
shrugging off Canada's
relatively recent
anti-UN stance

Foreign Affairs Minister John Baird delivered a scathing rebuke Monday to the United Nations, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the United Nations continues to fail to impose binding sanctions that



John Baird gave a scathing speech on the UN on Monday. THE CANADIAN PRESS

would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said. "Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises."

Consequently, the Canadian mission to the UN will now focus its attention on what the United Nations is achieving, not how it arranges its affairs, Baird said. If the UN focuses instead on its true goals, such as prosperity, security and human dignity, internal reform will take care of itself, he added.

THE CANADIAN PRESS

Sex-abuse suspects

Scouts to review 'perversion files'

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called "perversion files" to authorities.

A court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

THE ASSOCIATED PRESS

Litter

Haitians ignore bag, container ban

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy market, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers. THE ASSOCIATED PRESS



Vessels collide off Hong Kong

A young survivor is comforted by a rescuer on Tuesday after a collision involving two vessels in Hong Kong. Authorities in Hong Kong rescued 101 people after a ferry collided with a boat and sank on Monday. A local broadcaster says eight people died. VINCENT YU/THE ASSOCIATED PRESS

Transit Tuesday



Weekly Transit News Update

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LONG WEEKEND COMING UP!

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Economics

Yes, there will still be bacon

Bacon lovers can relax. They'll find all they want on supermarket shelves in coming months, though their wallets may take a hit.

The current drought is likely to nose up prices for bacon and other pork products next year by as much as 10 per cent. But experts are dismissing reports of a global bacon shortage that lent sizzle to headlines last week.

THE ASSOCIATED PRESS

Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister

PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's on-line catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child



Left, a page from Ikea's catalogue in Sweden. Right, the same page from Ikea's catalogue in Saudi Arabia — with the woman missing. IKEA

in a bathroom. But in the Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male relative.

Sweden's Minister for Trade Ewa Björling said the

retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or work, they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized

for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn.

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Engleson Sandman. "The franchise owner has been presented with images without women." Now Ikea is considering what to do next. One alternative is to print a new catalogue.

NO PATIENCE FOR PICKY EATERS



SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."
The waiter asks as he rolls his eyes: "Is it an allergy?"
"No ... I just don't like them," I respond as I sheepishly turn away with

embarrassment.

When my nachos arrive I groan: jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

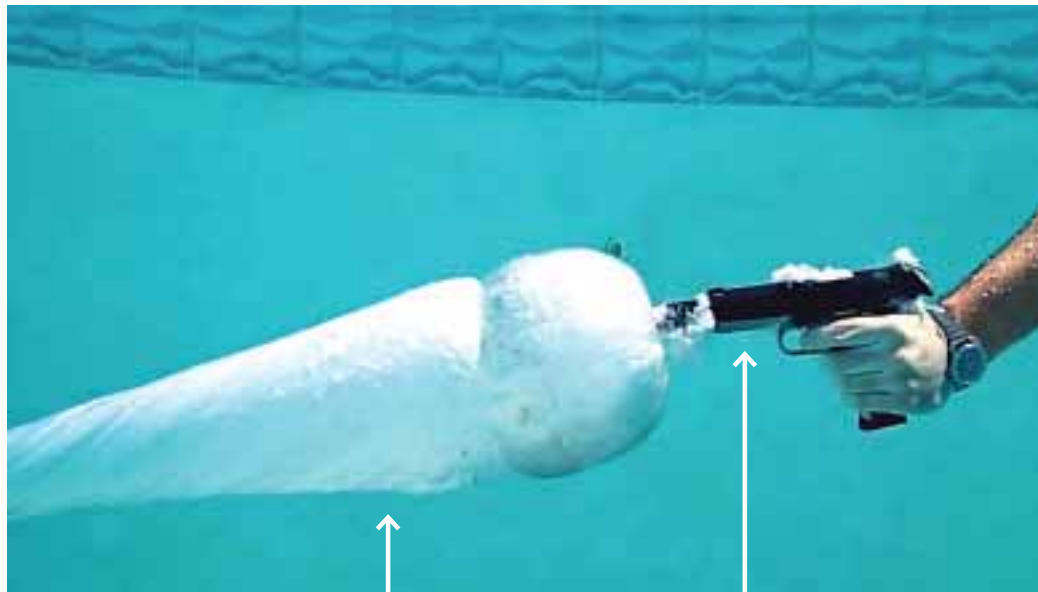
We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on
Twitter @MetroSheSays



Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. **METRO**



Andrew Tuohy also makes "flower" jewels from his spent bullets.

ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?

The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

What challenges did you have?

This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

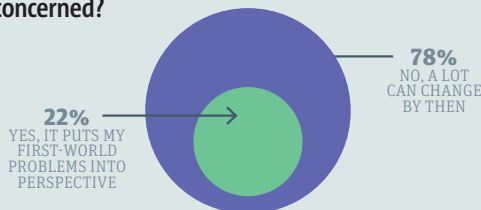
What does this image tell you?

It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. **METRO**



Register at metropolitanpanel.ca and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@stefanywollmann: I wish I could download this Chem Ebook into my brain and know everything. C'mon technology what's taking so long?!

@carsrichardson: Stranded at the corn maze.. someone wanna pick me up?!

@AdamWestRadio: Sept. 21st Bomber Game = 5 layers and a runny nose. Sept. 29th Bomber Game = shorts and a tan.

#onlyinmanitoba #GoBombers

@ceebdweeb: Interesting to hear even Guy Maddin say he's grateful to have teaching job so he can afford to make art & not worry about paying the rent.

@ShelleyACook: Im sorry for your loss. RT @charmacc: Fishie died in the night. Our four year old goldfish. He had a good life. #RIPFishie



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DVD reviews



Bond 50

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Dark Shadows

Director: Tim Burton

Stars: Johnny Depp, Michelle Pfeiffer, Eva Green

Johnny Depp's Barnabas Collins, a reluctant 18th-century vampire, looks confused when he awakes in 1972 in a Maine fishing village after a 200-year slumber. He's not the only one. Viewers of Tim Burton's *Dark Shadows* will be hard pressed to know whether the film is meant to be a comedy, horror movie or romance. Or is it a fish-out-of-water story? The story, based on a cult TV soap opera from the 1960s and '70s, stumbles blindly along for most of the film's overlong 113 minutes.

PETER HOWELL

Apologies to *Boatmen* fans but *Argo* (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, *Argo* is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC

scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of

Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Sayaret Matkal, led by Yonatan

Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped

toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (*Death Wish*) starred in the movie adaptation, *Raid on Entebbe*.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA)

seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the

British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the successful 17-minute siege that helped establish

Thatcher's Iron Lady rep. The operation unravelled on a bank holiday Monday with TV cameras rolling the whole time so millions of Britons watched the swift rescue unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya

was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's

chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton

and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

Operation Checkmate

Dateline: July 2, 2008

Colombian soldiers took weeks of acting classes so

they could effectively pass as members of a relief organization. The ruse was part of the plan to extract 15 hostages being held in the jungle by FARC — including former presidential candidate Ingrid Betancourt who had endured

six and a half years in captivity. Using communication intelligence, they tricked the captors into handing over the hostages by convincing them they had been sent by Alfonso Cano, the guerilla army's leader, to transport

the prisoners to him. Once everyone was aboard the helicopter they arrested the captors and released the hostages without a single bullet. A mini-series based on the op was nominated for an International Emmy.

Air France Flight 8969 Rescue

Dateline: December 26, 1994

Four Groupe Islamique Armé terrorists disguised as airport employees boarded an Airbus

A300 in Algiers. After murdering three passengers they were given clearance to fly to Marseille, where France's elite Groupe d'Intervention de la Gendarmerie Nationale would eventually engage the militants. The GIGN strike force blasted their way

into the plane from several points forcing the terrorists to retreat into the cockpit. The ensuing gun fight raged on for about 10 minutes with commandos in the rear of the plane evacuating passengers while another team took control of the flight

deck. The hail of bullets fired left the plane's fuselage looking like a slice of Emmental cheese but the rescuers succeeded in freeing the 170 remaining passengers. The French film *The Assault* re-enacts the dramatic events.

2 SCENE

On the web



Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina Aguilera: I'm through being skinny



THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a Us Weekly cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album Stripped, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during Back to Basics



promos and touring."

But for her latest record, she'd had enough: "I told them during this Lotus recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of Rick Ross at this weekend's BET awards. He, too, seems to embrace his weight. Dude is chunky. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his weight in relation to his music, is he?



Metro gets a Lone look at a revamped classic to come

Johnny Depp is set to star as Tonto in director Gore Verbinski's remake on '50s television hit, The Lone Ranger. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

Swift to swoon: So who is Taylor going to croon about next?



Taylor Swift ALL PHOTOS GETTY IMAGES

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking, 'Why did I have to meet this

Cupid comes back

"...you make eye contact with someone across the room and it clicks and, bam, you're there. In love again."

Taylor Swift

person, why did this have to happen?" But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."



Arnold Schwarzenegger

Arnold opens up about affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with 60 Minutes to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the

woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

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Get a body like Stefani

Fitness. As No Doubt's sixth studio album, *Push and Shove*, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA
MCGUINNNESS
Metro World News

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains. "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — *Settle Down* — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear

naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to



She looks 20-years-old still.



From the runway to the gym, she still looks good.

more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing cardio and resistance training.

Are you ready to push and shove your way to a leaner body?

3 LIFE

On the web



Qriket

Bats, camels or goats? Animals under suspicion in hunt for source of new virus related to SARS

Gear up for Turkey Day with Cranberry-Stuffed Pork

Orange-Glazed Pork with Cranberry & Walnut Stuffing



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
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rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an internal temperature of 145 F). Let rest 10 mins. before slicing.

Ingredients

Pork

- 1 1/2 lb pork tenderloin, butterflied

Stuffing

- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze

- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish

- 3 tbsp chopped parsley

ternal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Health Solutions

Don't gobble gobble extra calories



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter

Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling

Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking

Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha...go ahead)

4. Fill your plate with veggies

When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods

Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor

Never have more than two alcoholic beverages.

After the celebration season, you may some exercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



Final meal on the outdoor grill: Cumin-Glazed Ribs

Ingredients

Avocado-Pineapple Salsa

- 30 ml (2 tbsp) each lime juice and tequila
- 30 ml (2 tbsp) brown sugar
- 1/2 ripe pineapple, trimmed and cut lengthwise into slices
- 50 ml (1/4 cup) white balsamic vinegar
- 1/2 small red onion, diced
- 1 jalapeno pepper, stemmed, seeded if desired, and minced
- 125 ml (1/2 cup) chopped cilantro
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 1 ripe avocado, halved, seeded, peeled diced

Cumin-Glazed Ribs

- 50 ml (1/4 cup) paprika
- 50 ml (1/4 cup) each ancho chili powder and cumin
- 30 ml (2 tbsp) salt
- 2 kg (4 1/2 lbs) pork baby back ribs
- 50 ml (1/4 cup) chopped garlic
- 3 jalapeno peppers, stemmed and seeded if desired
- 15 ml (1 tbsp) ground cumin
- 45 ml (3 tbsp) hot sauce
- 250 ml (1 cup) freshly squeezed lime juice
- 5 ml (1 tsp) salt
- 250 ml (1 cup) honey

1. Salsa: In bowl, combine lime juice, tequila and brown sugar. Add pineapple and toss. Let marinate 30 mins. Remove pineapple and set aside.

2. Transfer marinade to saucepan over medium heat. Add vinegar and simmer, stirring until reduced by half. Remove from heat and cool.

3. Heat grill to medium-high. Wipe grill with an oiled towel and place pineapple on grill at an angle. Cook for 6 to 8 minutes, turning frequently, until outside of pineapple is lightly golden and caramelized.

4. Remove from grill, let cool and cut into 5-mm (1/4-inch) dice. In a bowl, combine pineapple with vinegar mixture. Gently toss in onion, jalapeno, cilantro, olive oil, salt, pepper and avocado. Taste and adjust seasoning as necessary.

5. Ribs: In bowl, combine paprika, chili powder, cumin and salt. Pat spice mixture all over ribs and let stand for 30 minutes.

6. Heat grill to 150 C (300 F). Place ribs in a single layer in a baking pan and add 5 mm (1/4 inch) of water to pan. Bake uncovered for 45 minutes on grill



This recipe serves four. THE CANADIAN PRESS/H/O

with lid closed. Cover ribs with foil and bake for an additional 45 minutes or until very tender.

7. Glaze: Purée garlic, jalapenos, cumin, hot sauce, lime juice and salt in food processor. Pour mix into saucepan and stir in honey. Cook over low heat for 20 minutes, stirring constantly and being careful not to burn.

8. Increase grill temperature to 230 C (450 F). Remove ribs from baking pan and spread generously with glaze. Grill for 5 minutes per side, frequently brushing with additional glaze.

9. To serve, cut ribs apart and serve hot with salsa. **THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION**

Mexican touch. Mole Pulled Pork Sandwich



This blend of Mexican mole sauce and pulled pork tenderloin makes for a crazy delicious sandwich.

1. In a medium saucepan over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce

and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup smooth almond butter
- 1/2 cup canned crushed tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tbsp cocoa powder
- 1/4 tsp each cinnamon, black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped



At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.

A quick guide to the acceptable level of tipping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coin's into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order. Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of \$3.

If hotel staff helps you to your room with bags or fetches your car from underground parking, \$2 to \$10 is recommended.

Personal Services: Tips

for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret. Most service providers have automatic tip calculators right on their credit card and debit machines al-

Here's a tip:

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

lowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Follow Lesley on Twitter
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Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a pre-

vious history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging health-care professionals to continue screening women for post-

partum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how



Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

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NBA

Howard on Bryant: 'I know he's going to be tough on me'

Superstar centre Dwight Howard might be an eight-year NBA veteran, but Monday still felt like the first day of school.

Howard is just getting started on his real education

from the Los Angeles Lakers and Kobe Bryant.

"I know he's going to be tough on me, but I expect that, and I want him to be that," Howard said. "I want to be that guy. I'll take all the heat he's going to give me, because I know at the end of the day, it's going to make me a better player and a better person.... I'm willing to go through that process."

THE ASSOCIATED PRESS



Dwight Howard, right, with new Lakers teammate Pau Gasol on Monday. THE ASSOCIATED PRESS

NHL

Ex-Leaf Franson trying Scandinavia

Cody Franson is on his way to the Swedish Elite League to play for Brynas. The team made it sound like the blue-liner was signed for the entire season, but his agent later clarified he can return to the NHL if the lockout ends. THE CANADIAN PRESS

NHL



"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage should make it easier to come to an agreement

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday that he believes the league's current lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," said Gretzky during a question-and-answer period at a panel discussion on personal finance on Monday in Toronto. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbor to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not

directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are very smart men, they're both very intelligent," said Gretzky. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part owner of the Phoenix Coyotes believes that the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," said Gretzky. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way."

"Now it's a question of working out the number that both sides think is fair."

THE CANADIAN PRESS



Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

CBA negotiation

Core economic issues still off the table: Source

NHL labour talks are set to resume Tuesday morning, with discussions focusing on hockey-related revenue and not the core economic issues that continue to divide the two sides in a league-imposed lockout entering its third week.

A person familiar with negotiations, on Monday, provided details of what was expected to be discussed at the meeting that will be held in New York. The person spoke on the condition of anonymity because the NHL and the NHLPA have not issued an update on talks. The person added there are currently no other meetings planned beyond Tuesday.

Negotiators for the league and players will pick up where they left off after Sunday, when they completed three straight days of discussions.

THE ASSOCIATED PRESS

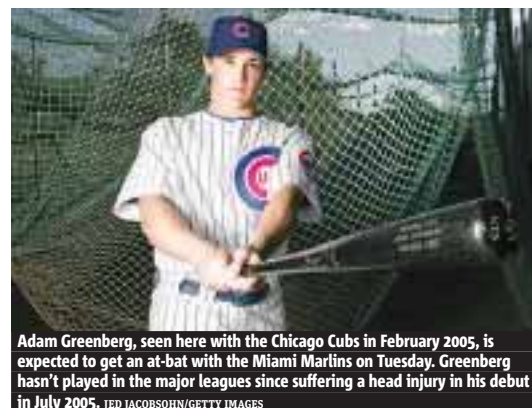
Mobile sports



Kriket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

Marlins to give Greenberg chance at dish



Adam Greenberg, seen here with the Chicago Cubs in February 2005, is expected to get an at-bat with the Miami Marlins on Tuesday. Greenberg hasn't played in the major leagues since suffering a head injury in his debut in July 2005. JED JACOBSON/GETTY IMAGES

Adam Greenberg is expected to make a pinch-hit appearance for the Miami Marlins on Tuesday.

Marlins manager Ozzie Guillen had previously stated he was considering starting Greenberg in the outfield and batting leadoff for his one at-bat, but has since decided he will insert him in Tuesday's game against the New York Mets at some point.

"There's a lot of stuff out there. I thought it was good idea to lead-off, but it is a little bigger deal than I thought," Guillen said Monday. "We'll try to put him in the middle of the game to see that thing work."

Quoted



"Some people will say I'm the greatest man to let this kid do it, some people will say I'm an idiot to make that happen."

Marlins manager Ozzie Guillen

Greenberg has been in the spotlight since the Marlins announced last week that they would sign the 31-year old to a one-day contract so he could

receive one at-bat after getting hit in the head in his major-league debut seven years ago.

Greenberg was hit in the head by a pitch thrown by Marlins lefty Valerio De Los Santos on July 9, 2005, in his only plate appearance with the Chicago Cubs. Greenberg suffered from vertigo after the incident and strived to make it back to the big league level, but did not make it higher than double-A.

"I think it's good for the kid," Guillen said. "We decided to do it and people have to respect that about what we're going to do with the kid."

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

Taurus

April 21 - May 21

Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

Gemini

May 22 - June 21

You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

Cancer

June 22 - July 23

Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

Leo

July 24 - Aug. 23

No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

Virgo

Aug. 24 - Sept. 23

The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

Libra

Sept. 24 - Oct. 23

No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

Sagittarius

Nov. 23 - Dec. 21

Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

Capricorn

Dec. 22 - Jan. 20

Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

Aquarius

Jan. 21 - Feb. 19

Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

Pisces

Feb. 20 - March 20

You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

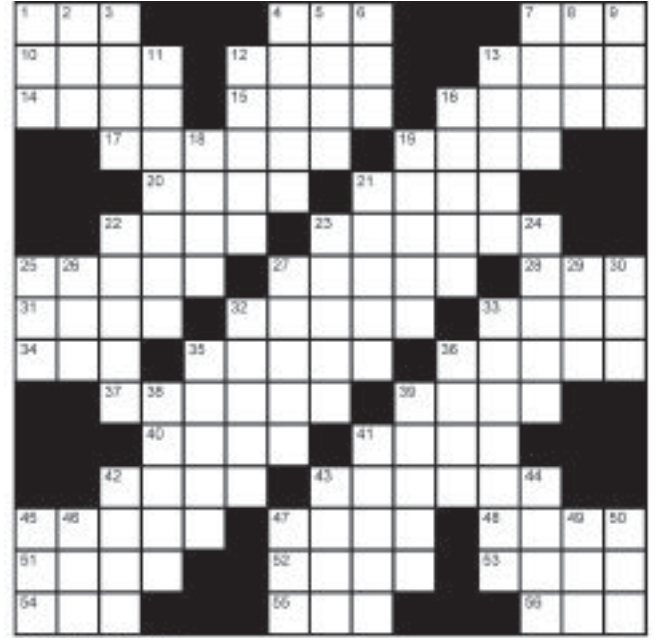
Three PMs

Across

1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ____: 10th Prime Minister
12. "____ be of service?" (2 wds.)
13. For ____ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ____ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ____ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ____
40. Angered
41. "Frankly, my dear, I don't give a ____"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need

Down

1. Alias
2. '____ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "____ the season to be jolly"
7. Nova Scotia's ____ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ____
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ____ to riches
19. Laser printer need
21. "____ by the bell!"
22. At the ____ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ____: 11th Prime



- Minister (1930-35)
35. "Ici on ____ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ____
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division

45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ____; knowledge disconnect
50. Personals

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY



MAX: 21°
MIN: 8°

WEDNESDAY



MAX: 7°
MIN: -3°

THURSDAY



MAX: 4°
MIN: -5°



JENNA KHAN
WEATHER SPECIALIST

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